



Cautious easing of lockdown

The coronavirus measures are asking a lot of everyone. The government wants to stop the virus spreading but also offer some prospect of improvement. **Subject to certain conditions, some aspects of the lockdown will be relaxed from 3 March.**

COVID-19 symptoms?



Self-quarantine



Do not receive visitors



Get tested



Work from home unless you have no other option.



Stay 1.5 metres away from others.



If a place is busy, leave.



Wash your hands often.



Cough and sneeze into your elbow.



Wear a face mask where required.

Curfew



Do not go outdoors **between 21.00 and 04.30.**

Meeting people



Receive **no more than 1 visitor** per day (excluding children under 13).



Visit **no more than 1 other household** per day.



Outdoors: no more than 2 people or 1 household in a group.

Travel and transport



Stay at home as much as possible.



Use public transport for **essential travel only.**



Do not travel abroad or book trips abroad in the period up to and including 31 March.

Shops



Non-essential shops are closed. Shopping by appointment, 'click and collect' and delivery allowed.



Shops selling essentials, including supermarkets, greengrocers and chemists, may remain **open.**



Ban on sale of alcohol after 20.00.

Food and drink / events



All establishments serving food and drink remain closed. Takeaway and delivery are allowed.



Events are banned.

Venues normally open to the public



Museums, cinemas, libraries and other venues remain **closed.**

Contact-based professions



People working in **contact-based professions**, like hairdressers and driving instructors, **can perform their work.**

Education and childcare



Primary schools and daycare centres are **open.**



Secondary schools and secondary vocational schools (MBO) will **partially reopen from 1 March.**



Remote teaching in higher education.



Out-of-school care remains closed.

Sport



Outdoors: training at sports facilities **allowed** for anyone aged 26 and under. People aged 27 and over: no more than 2 people and stay 1.5 metres apart.



Indoors: all indoor sports facilities remain **closed.**



No matches or competitions.

alleen samen krijgen we
corona onder controle

Exceptions and conditions:
[government.nl/coronavirus](https://www.government.nl/coronavirus)
or call 0800 1351